

MedTrack® Rehabilitation Treadmill User Guide



042102-001 Rev A



This is the CE marking of conformity indicating that the device having this symbol on its immediate label meets the applicable requirements of the European Medical Device Directive.

Authorized European Representative
Medical Device Safety Service
Burckhardtstr. 1
D-30163 Hannover, Germany

Caution! **Due to rapid changes in computer technology, the specifications provided in this manual are subject to change without notice.**

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MedTrack Rehabilitation Treadmills User Guide

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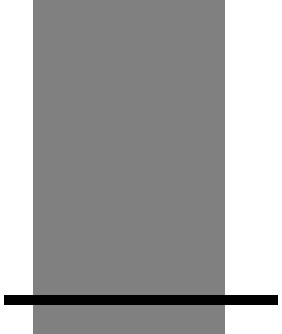
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Preface

This manual contains the patient and user safety requirements, operating instructions and maintenance requirements for the Quinton® MedTrack® CR60 rehabilitation treadmills. The manual is intended for use by trained clinicians working with cardiac or sports rehabilitation patients in a clinical setting. It is expected that the clinician will instruct the patient in the proper use of the treadmill and its accessories. Before using the treadmill, read the manual carefully, noting the Safety Requirements in Appendix A.

There are no user-serviceable parts in the treadmill. Any attempt by non-Quinton-authorized personnel to service the equipment may void the warranty. Upon request, Quinton will provide a technical document containing block-level theory of operation, troubleshooting, removal and replacement instructions (by module), maintenance, and other information that will assist appropriately-trained personnel to repair those parts of the equipment designated by Quinton as repairable.

Liability Notice

Failure to follow the conditions set forth below shall limit, to the extent allowed by law, Quinton Cardiology, Inc.'s responsibility for the safety, reliability, and performance of this equipment:

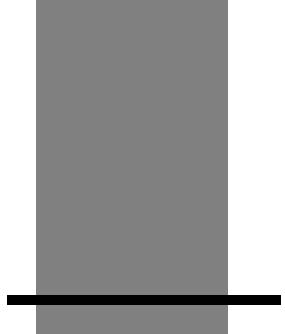
The operator manual must be read in full by each operator before the product is first used.

Assembly operations, extensions, readjustments, modifications, or repairs must be carried out only by Quinton-trained or Quinton-authorized personnel.

The electrical wiring within the treadmill's setting and the electrical installation of the treadmill must comply with the applicable local or provincial requirements.

The equipment must be used in accordance with the instructions for use.

Caution! **Accessory equipment connected to analog, digital, or power interfaces must be either equipment offered for sale by Quinton Cardiology, Inc. or equipment that, when connected to such interfaces, maintains the safety and specified performance of the overall system and the individual devices. For example, such safety is maintained if the individual equipment and overall system complies with relevant safety requirements found in International Electrotechnical Commission (IEC) standards.**



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Introduction

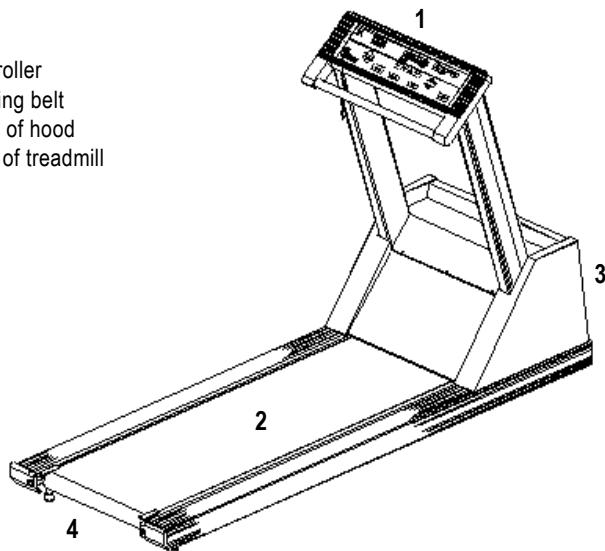
The MedTrack rehabilitation treadmill is a motorized treadmill designed for rehabilitation exercise.

MedTrack Treadmill

MedTrack rehabilitation treadmills feature a 20 in. x 60 in. walking surface, variable speed and grade, and a built-in controller. Side handrails are optional.

Treadmill Configuration

1. Controller
2. Walking belt
3. Front of hood
4. Rear of treadmill

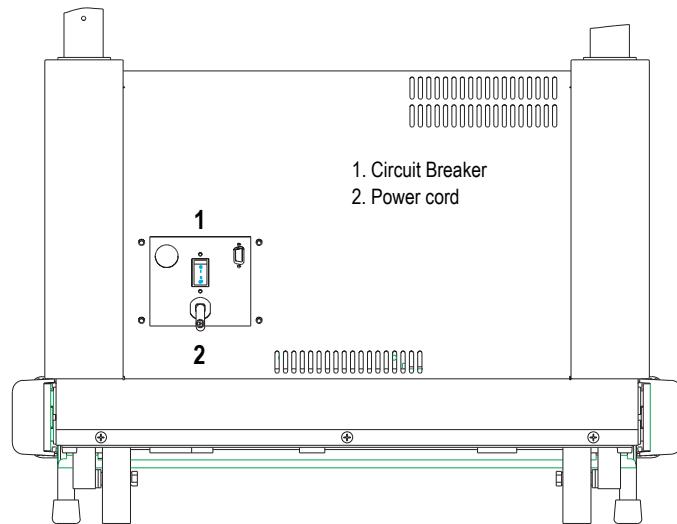


Controls

Power

The circuit breaker on the front of the treadmill hood controls the power to the treadmill (see item 1 in the next drawing). The circuit breaker must be set to **ON** for the treadmill to run. As long as the treadmill is plugged into a powered socket and the circuit breaker is set to **ON**, the treadmill is receiving power, even when the controller power is turned off.

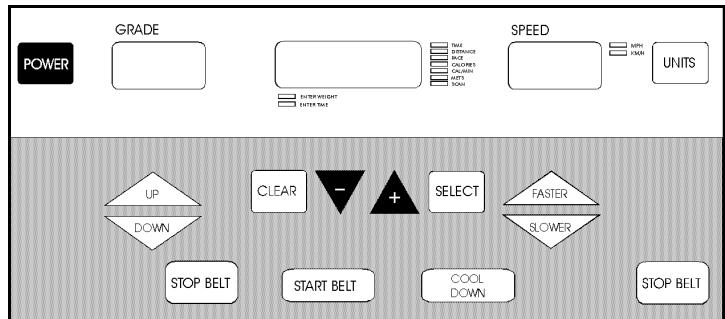
WARNING! Turn off the treadmill circuit breaker before connecting or disconnecting the treadmill from the power outlet.



Hood Configuration Plate for Treadmill

Controller

The controller is a computerized panel used to operate the treadmill. It is mounted above the front handrail. All commands, including power, are entered by pressing one of the soft-touch keys on the panel. Visual indicators and displays show the operational status and exercise results.



Controller Keys

Key	Function
Power	Activates and deactivates the control panel.
Start Belt	Activates the walking belt, the timer, and the distance counter.
Stop Belt	Stops the walking belt gradually. There are two Stop Belt keys on the panel. The two keys function identically and can be used at any time during the exercise.
Faster	Increases belt speed. You can change the speed at any time during the exercise.
Slower	Decreases belt speed. You can change the speed at any time during the exercise.
Up	Increases treadmill grade (incline). Range: 0 to 15%.
Down	Decreases treadmill grade (incline). Range: 0 to 15%.
Cool Down	Slows the treadmill to minimum speed and zero grade so that the exerciser can cool down before stopping.
Select	Used to enter the user's weight and exercise time. Used to select a parameter for the multifunction display.
+	Increases value for weight and time selections.
-	Decreases value for weight and time selections.
Clear	Erases the elapsed time, distance, and calorie readings, and resets the timer to zero. If the walking belt has been stopped, it also resets the weight to the default value.
Units	Changes the unit of measurement used for calculations and displays. Choose English or metric units.

Displays and Indicators

Displays

Display	Function
Grade	Displays the treadmill grade in percent.
Multifunction (center)	Displays error messages, weight, time, and exercise parameters. Located between grade and speed.
Speed	Displays the belt speed in mph or km/h.

Indicators

LED	Indication
MPH	The system is set to English units.
KM/H	The system is set to metric units.
Enter Weight	When this LED is flashing, you can enter the patient's weight.
Enter Time	When this LED is flashing, you can enter the exercise time.
Time	The exercise time is displayed (mins:secs).
Distance	The elapsed distance is displayed (miles or kilometers)
Pace	The pace of the exercise is displayed (min/miles or min/km)
Calories	The total number of calories burned during the exercise is displayed.
Calories/min	The number of calories burned each minute at the current speed and grade settings is displayed.
METS	Metabolic units are displayed.
Scan	Time, distance, pace, calories, calories/min, and METS are displayed sequentially for three seconds each.

Setting the Speed Range

When you replace a controller, you must configure it to work with the specific treadmill.

Perform the following steps to set the speed range for the treadmill.

1. Enter the service mode by simultaneously pressing **Stop Belt, Slower, and Faster**.
2. Choose the appropriate configuration number from the following:

Speed Range	Configuration Setting
0.6 to 7.2 MPH	CP1
1.0 to 12.0 MPH	CP3

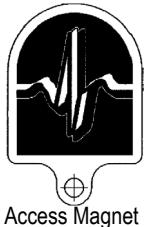
3. Hold down **Stop Belt** and press the + or - key until the correct configuration number appears in the center display.

Caution! **The configuration must be set to CP1 or CP3. Do not attempt to use any other configuration.**

4. Press **Select** to store the configuration.
5. Exit the service mode by simultaneously pressing **Stop Belt, Slower, and Faster**.

Limit Controls

Limited Access



A limited-access control lets you restrict treadmill use to authorized personnel. It also lets you stop the treadmill quickly in an emergency.

The invisible, magnetically-activated control is located behind the magnet logo on the controllers. When the control is activated, the treadmill will not start until you place the security magnet (supplied with the treadmill) over the logo.

Time Limit

The time limit control lets you set a maximum time for treadmill use, ranging from 7 to 96 minutes.

Speed Limit

The speed limit control lets you set a maximum speed for treadmill use. This is particularly useful for unmonitored treadmills.

Accessories and Options

The following are available for order:

Part No.	Description
30005-004	Left Handrail Kit
30005-005	Right Handrail Kit

Operating the Treadmill

Guidelines for Safe Operation

- Before permitting anyone to use the treadmill, warn them of the risk of falling during exercise. Remind them to exercise caution during use. Instruct them in the safe and proper use of the treadmill as described below.
- Keep the treadmill area clear. Maintain a minimum open space of 1.5 feet (0.5 meter) on each side and 6 feet (2 meters) at the rear.
- Be sure the power plug is connected to an approved, dedicated AC outlet.
- Ensure that the handrails are securely attached.
- Instruct the patient to always face the front of the treadmill when stepping on or off the belt. Do not step onto the belt while facing the side of the treadmill.
- Never place chairs or other objects on the treadmill.
- Allow sufficient room for patients to maneuver around the system and to safely mount and dismount the treadmill.
- Ensure the patient understands the proper treadmill mount and dismount procedure.
- Do not leave a patient unattended on the treadmill.
- Patients and clinicians should secure long hair and loose clothing before using and operating the treadmill.

- Do not press **Start Belt** when anyone is standing on the treadmill belt. Be sure all patients are so instructed.
- Have the patient straddle the treadmill belt or stand on the deck's edge at start up
- Keep speed and grade at minimum settings when getting on and off the treadmill. Instruct patients to check speed and grade before stepping onto the belt.
- Do not remove the treadmill hood or place your hands beneath the treadmill while the treadmill is plugged into a power source.
- Regularly inspect cables and treadmill belts for wear or damage.
- Have the patient hold the handrail and step off to the side of the treadmill at end of test.
- Properly train new staff.

Quinton recommends that a copy of these pages be posted near the treadmill or that this information be made readily available in some way. This is not, however, a substitute for proper training of patients by the clinician.

- ◆ A copy of the safety guidelines is available as a laminated card for convenient posting, P/N 042111-001 Rev A.

Controls

All commands are entered by pressing a key on the controller. The treadmill cannot operate when the controller power is off.

Warning! **The Power key on the controller does not turn off the electrical current to the treadmill. The treadmill continues to draw power, even when the controller is off. To avoid electric shock, do not remove the treadmill hood or place your hands beneath the treadmill while the treadmill is plugged into a power source.**

Five-minute Auto Reset

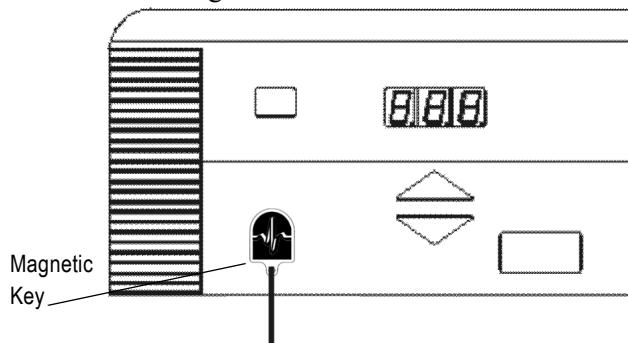
If you do not use the treadmill within five minutes after entering the weight and exercise time or within five minutes after pressing **Stop Belt**, the controller automatically resets the elapsed time and distance to zero and prompts you to enter the weight.

Limited-Access Control

A limited-access control lets you restrict treadmill use to authorized personnel. It also lets you stop the treadmill quickly in an emergency. The invisible, magnetically-activated control is located behind the magnet logo on the bottom left side of the controller.

Activation

The treadmill ships from the factory with the limit-access control deactivated. Anyone can turn on the treadmill. To activate the control, place the magnetic key supplied with the treadmill precisely over the magnet logo on the front panel of the controller. The magnet will activate the control.



Magnetic Key Placed Over Logo

Once the control is activated, the treadmill will not start, nor will the displays light up, unless the magnetic key is on the logo. If you remove the key, the belt will stop, the **Start Belt** and **Grade** keys will be disabled, and the word "SAFE" will appear in the center display. Accumulated values will remain on display until you turn off the power.

To restart the treadmill, replace the magnetic key, then, if the power key on the controller is on, press **Start Belt**; if the power key is off, press **Power**.

Deactivation

To deactivate the control:

1. Remove the magnetic key and press the **Power** key off.
2. Press and hold the **+**, **-**, and **Power** keys until the 8s on the display go off, then release the keys. The control remains inactive, granting unrestricted access, until you place the magnetic key over the logo again.

Magnetic Key as Emergency Stop

The magnetic key has a cord that you can attach to the patient's wrist or belt during exercise. If the patient moves too far from the controller, the cord will pull the key off the controller and stop the walking belt.

Time Limit Control

The time limit control lets you set a maximum time for treadmill use, ranging from 7 to 96 minutes. When the time limit is activated, the treadmill runs for the time entered by the clinician, then automatically changes to minimum speed and grade. The speed and grade controls remain inoperative until you press the **Stop Belt** key.

Activation

To limit the exercise time, use the following procedure:

1. Simultaneously press **Stop Belt**, **Cool Down**, and **Select**.
2. Press the **+** or **-** keys to increase or decrease the time to the desired limit. Press **Clear** to set the limit automatically to 30 minutes.
3. Press **Select**.

Deactivation

To deactivate the time limit control:

1. Simultaneously press **Stop Belt**, **Cool Down**, and **Select**.
2. Press **+**, or press **Clear** twice, to set the time to the maximum of 96 minutes.
3. Press **Select**.

Speed Limit Control

The speed limit control lets you set a lower maximum speed for treadmill use. This is particularly useful for unmonitored treadmills.

Activation

Use the following procedure to limit the speed:

1. Simultaneously press **Stop Belt**, **Cool Down**, and **Select**.
2. Use the **Faster** and **Slower** keys to set the speed to the desired limit.
3. Press **Select**.

Deactivation

To deactivate the speed limit:

1. Simultaneously press **Stop Belt**, **Cool Down**, and **Select**.
2. Use the **Faster** key to set the speed to the highest level.
3. Press **Select**.

Units Default Setting

To change the default setting for the Units command:

1. Be sure the **Power** key on the controller is off.
2. Press and hold the **Units** key.
3. While pressing **Units**, press **Power**. Release the **Power** key but continue pressing **Units** until the self test is finished.

Guidelines for Getting on and off the Treadmill

Instruct each patient in the following guidelines for getting on and off the treadmill.

- ◆ The walking belt should be moving before the patient steps onto the treadmill.

1. Stand next to the treadmill and place both hands on the front handrail.
2. Straddle the walking belt or step onto the side of the deck.
3. (Optional) To get the feel of the moving belt, place the foot nearest the treadmill on the walking belt and let it move backwards. Lift it and repeat several times until comfortable with the treadmill speed.
4. Carefully step onto the moving belt and begin walking.
5. When walking comfortably on the treadmill, let go of the handrail.
6. While walking on the treadmill:
 - Face forward. Avoid looking down at the walking belt.
 - Maintain speed by keeping a consistent distance from the handrail.
 - Adjust the speed and grade as required. Hold the handrail as the speed and grade change.
7. Before stepping off the treadmill, place one hand on the handrail, wait for the belt to stop, then step off.

Operating the Treadmill

1. If the limited access switch is on, place the magnet over the logo on the controller. Attach the cord of the magnet to the patient's wrist or belt, if desired.
2. Press the **Power** key. The controller performs a self test.

If the self test is satisfactory, the **Enter Wt** indicator flashes and the controller displays the default values:

- Grade: Current grade in %
- Weight: 150 lb. or 68 kg (user selectable)
- Speed: 0.0

If the controller finds a fault in the system during activation or during exercise, it displays an error code (example: E202). If an error code appears, press **Power** twice to restart the system. If the error code appears again, record the code number, then turn off the treadmill and call Quinton Technical Support (see Maintenance/Troubleshooting, Chapter 3).

3. Change the units (optional). To change from English units to metric units and vice versa, press the **Units** key. You can change the units at any time.
4. Enter weight (optional). To enter the patient's weight, press the + or - keys until the correct value is in the display, then press the **Select** key for the system to accept the new value.
 - minimum entry: 30 lbs (13 kg)
 - maximum entry: 400 lbs (181 kg)
 - To use the default weight (150 lb/68 kg), press **Select**.
5. Enter time (optional). Enter the exercise time by pressing the + or - keys until the correct value is in the display, then press **Select** to enter the new value. You can choose one-minute increments only. For example: for a 10-minute exercise, enter 10:00 when the Enter Time LED is flashing.
 - minimum entry: 01:00
 - maximum entry: 96:00 (or max time limit if activated).
 - ◆ If you do not start the walking belt within five minutes after entering values, the controller automatically resets the entries to default values.

6. Press **Start Belt**. The belt accelerates gradually to minimum speed and remains at minimum until you press **Faster**.
7. Have the patient step onto the treadmill per the guidelines.
8. Press **Faster** or **Slower** to increase or decrease the walking belt speed. The display shows the target speed as it adjusts to the change. You can change the speed at any time during the exercise.
9. Press **Up** or **Down** to increase or decrease the grade. The display shows the target grade as it adjusts to the change. You can change the grade at any time during the exercise.
10. Press **Select** to choose a particular exercise display (Time, Distance, Pace, Calories, Caloric Rate, METS, Scan). The displays change sequentially each time you press **Select**. To rotate continuously through all displays, select **Scan**. Each display will appear for three seconds per cycle.
11. At the end of the exercise, press **Cool Down** to enter cool-down mode, or press **Stop Belt** to stop the walking belt.
 - ◆ It is not necessary to use **Cool Down** mode before pressing **Stop Belt**.
12. Press **Clear** to erase the accumulated time and distance and reset the controller displays to default.
13. When the belt stops, have the patient grasp the handrail and step off the treadmill.
14. Press **Power** to turn off the controller.

Maintenance/Troubleshooting

The treadmill should be visually inspected, cleaned, and adjusted regularly and as needed.

Daily Visual Inspection

- Inspect the treadmill power cord and walking belt for wear.
- Check the position of the walking belt; be sure it is not rubbing against the frame. It should be centered on the deck within 0.25 inch of the sides. Adjust if necessary.

WARNING! Do not touch or grab the walking belt while it is moving.

- Check optional attachments to be sure they are fastened securely.
- Remove potential hazards from the treadmill area.

Cleaning

Exterior

WARNING! Turn off the treadmill and unplug the power cord from the wall outlet before cleaning.

Daily

Keep the treadmill free of dust and debris. Clean the exterior and walking belt with a damp sponge; do not soak surfaces. Dry all surfaces thoroughly.

Caution! Never wipe the deck beneath the belt, even when changing the belt. Wiping can damage the wax finish.

Do not use detergents or cleaning agents on any part of the deck.

Do not let liquid enter the interior of the treadmill. If it does, the equipment must be inspected and tested for safety by a Quinton-approved technician before it can be used again.

Weekly

Elevate the treadmill to maximum grade and vacuum the floor under it to prevent excess dust and dirt from interfering with operation.

Interior

Depending upon the treadmill environment, dust, and/or lint can accumulate under the hood. Periodic internal cleaning by a qualified service person is recommended (see Service Manual).

Disinfection

If it is necessary to disinfect the treadmill, follow the procedures established by your institution.

- ◆ Do not use liquids on the deck surface.

Adjustments

Tools Required: hex wrenches, Phillips screwdriver

Warning! **Secure long hair and loose clothing before using the treadmill or working near the treadmill walking surface or pulleys.**

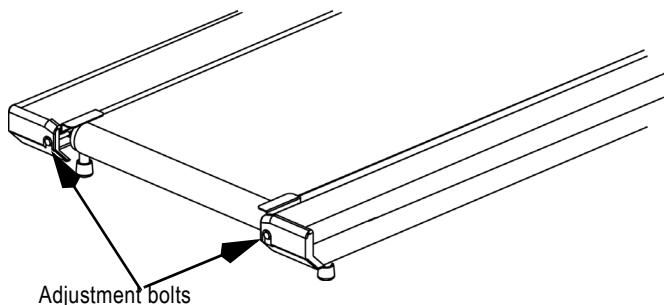
Belt Tension

Adjust the belt tension whenever the belt slips or moves unsteadily during operation:

1. Start the treadmill and increase the speed to 2.5 mph.
2. Hold onto the handrail for balance and walk heavily on the treadmill by marching flat-footed.
 - a. If the belt hesitates or lags noticeably, tighten the belt as in steps 3 and 4.

Caution! **Do not use all your weight to resist the belt movement. Too much resistance applied too long (more than two seconds) will shut down the system. If that happens, recycle power to resume normal operation.**

- b. Increase the speed to 4.5 mph (7.1 km/h) and jog on the treadmill. If the belt hesitates or lags noticeably, tighten the belt as in steps 3 and 4.
- c. Increase the speed to 6.5 mph (10.3 km/h) and run on the treadmill. If the belt hesitates or lags noticeably, tighten the belt as in steps 3 and 4.
3. Locate the two adjustment bolts at the rear of the treadmill.



4. Rotate both adjustment bolts clockwise 1/4 turn. Test the belt tension as in Step 2. Repeat if necessary until the belt runs smoothly without slipping.

If more than three adjustments are necessary, call Quinton Technical Support.

Caution! **Do not overtighten the walking belt. Overtightening can damage the belt and rollers. Do not torque adjustment screws beyond 80 in/lb (9 Nm) maximum.**

5. Stop the treadmill.

Belt Tracking

Perform this procedure whenever the belt moves to one side or the other.

WARNING! Stay off the belt when adjusting the tracking. Do not touch or grab the walking belt while it is moving.

1. Start the treadmill at minimum speed and grade.
2. Increase speed to 6 mph (9.5 km/h) and make the following adjustment (see Belt Tension drawing above for the location of the bolts):
 - a. If the belt moves to the right, rotate the right tension bolt clockwise 1/4 turn.
 - b. If the belt moves to the left, rotate the left tension bolt clockwise 1/4 turn.

3. After making an initial adjustment, run the treadmill for several minutes and observe how the belt tracks; adjustments to belt tracking take several minutes to become apparent. If the belt continues to move off center, adjust accordingly until it is properly centered.

If more than three adjustments are necessary, call Quinton Technical Support.

Caution! **Do not overtighten the walking belt. Overtightening can damage the belt and rollers. Do not torque adjustment screws beyond 80 in/lb. (9 Nm) maximum.**

4. Stop the treadmill.

Cumulative Usage

The cumulative usage feature lets you determine how often the treadmill is used and how much wear is on the belt and motor. This can be useful for scheduling service.

Distance

To determine the total distance on each treadmill, follow these steps:

1. Press **Power** to turn on the treadmill.
2. Simultaneously press **Stop** and **Slower** on the display panel.
3. Multiply the number that appears in the multifunctional display by 10 to obtain the total distance in miles.
4. Record the mileage and the date for your records.
5. Press **Clear** to reset the display for operation.

Time

To determine the total time of treadmill use, follow these steps:

1. Press **Power** to turn on the treadmill.
2. Simultaneously press **Stop** and **Faster** on the display panel.
3. Multiply the number that appears in the multifunctional display by 10 to obtain the total hours of operation.
4. Record the total time and the date for your records.
5. Press **Clear** to reset the display for operation.

Electrical Testing

Electrical testing is to be done by the facility's biomedical department as required. Check the leakage current of the treadmill periodically—at least every nine months—to be sure it does not exceed local or provincial standards.

Moving and Storing the treadmill

Warning! **Moving the treadmill requires two people.**

1. Set the treadmill to 3 to 5% grade.
2. To avoid electric shock, turn off the treadmill circuit breaker. Remove the power cord from the power source.

Warning! **As long as the treadmill is plugged into a powered outlet and the treadmill circuit breaker is set to ON, the treadmill is receiving power, even when the controller is turned off. Do not place hands beneath the treadmill while it is plugged in.**

3. Together, lift the rear of the treadmill, then roll it to the new site using the wheels on the front of the treadmill.

When storing for prolonged periods, cover the treadmill with a dust cover. Do not store in damp areas. Do not store the treadmill on its end as it could fall on someone.

Re-use

Before using the treadmill again after moving or storage, check the power cord and all attachments to be sure they are undamaged and securely connected, then test the system for proper operation.

Troubleshooting

If the walking belt does not run, press the **Power** button twice. This may eliminate the fault.

If problems persist, refer to the Troubleshooting Guide that follows. Problems beyond the scope of this table may require service assistance to isolate and correct. Contact Quinton Technical Support for information: 800-426-0337.

Warning! **Do not remove the treadmill hood: Dangerous voltages are present. There are no operator-serviceable components.**

- ◆ Servicing should be done only by qualified service personnel who should consult the service manual before attempting any in-depth troubleshooting.

Error Codes

The controller displays an error message (the letter E followed by three digits) if it detects a problem in the system. If an error occurs during operation, the treadmill decelerates and the walking belt stops. Only the E201 error code permits the treadmill to keep running. The error code remains on the display until the power is turned off. If an error code appears, record the code number, then recycle the power. If the error persists, call Quinton Technical Support.

Self-test Errors

Code	Explanation
E101	Controller CPU chip failure
E102	Controller CPU EEPROM failure
E103	Controller CPU stuck interrupt
E105	Controller CPU NVRAM failure

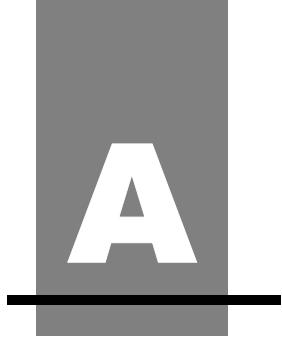
Operation Codes

Code	Explanation
E201	Grade system error.
E202	Speed check error.
E203	Motor is drawing more than the specified current or fan is stopped.
E204	The two microcontrollers are not communicating.
EPHI	Motor supply voltage too high.
EPLO	Motor supply voltage too low.

Troubleshooting Guide

Problem	Possible Cause	Remedy
Treadmill will not run. Error message does not appear.	Treadmill power cord is not plugged in.	Plug in power cord, then press Power and Clear .
	Treadmill is not turned on.	Press Power key on the controller to activate treadmill.
	Limited-access magnet not in place.	Place magnet over magnet logo on the controller, then press Power to turn on treadmill. You can also deactivate the magnetic switch by press +, -, and Power simultaneously.
	Circuit breaker on treadmill hood reads OFF.	Set the circuit breaker switch on the treadmill to ON.
	Internal problem.	Service required.
	No power at wall outlet.	Check building circuit breaker.
Treadmill does not run. E appears on display.	Problem with electronic circuitry.	Record error number and call Quinton Technical Support.

Problem	Possible Cause	Remedy
Walking belt too far left or right.	Improper belt tracking.	Adjust tracking (see "Belt Tracking" on page 3-4). If problem persists, contact an authorized service rep.
Walking belt slips, but front roller turns.	Improper belt tension.	Adjust belt tension (see "Belt Tension" on page 3-3). If problem persists, contact an authorized service rep.
Walking belt hesitates; adjusting walking belt tension is ineffective	Internal drive belt slipping.	Service required. Contact an authorized service rep.
Treadmill will not change grade.	Excess weight on treadmill.	See Appendix B for maximum load.
	Internal problem.	Service required. Contact an authorized service rep.
Treadmill will not reach maximum speed.	Speed limit control is activated.	See "Speed Limit Control" on page 2-5.
Treadmill will not reach maximum time.	Time limit control is activated.	See "Time Limit Control" on page 2-4.
Circuit breaker trips during normal operation.	Power fault.	Service required. Contact an authorized service rep.
Error messages on controller.	Internal problem.	Service required. Contact an authorized service rep.



A

Safety Requirements

Warnings and Cautions

- Read this manual in full before operating the treadmill.
- Before each use of this equipment, check the power receptacle for signs of damage. Do not operate the equipment if the integrity of these items is in question.
- Regularly inspect cables and treadmill belts for wear or damage. Do not operate the equipment if the integrity of these items is in question.
- When connecting auxiliary equipment approved for use with the treadmill, be certain the summation leakage current does not exceed local or provincial standards.
- The treadmill must be on an appropriate, dedicated electrical circuit with a power rating that meets the electrical specification on the treadmill serial number label. Nothing else should be connected to the circuit.
- To avoid potential safety and electrical problems, use parts and accessories that meet Quinton specifications.

- Use of accessories or cables other than those specified, with the exception of accessories or cables sold by Quinton as replacement parts for internal components, may result in increased emissions or decreased immunity of the treadmill.
- This equipment is classified Class I, Type B, ordinary equipment, not protected against fluid ingress. It is rated for continuous operation.
- The MedTrack Rehabilitation Treadmill needs special precautions regarding EMC and needs to be installed and put into service according to the guidelines of the EMC declaration tables.
- Portable and mobile RF communications equipment may affect the treadmill and the recommended separation distances in the EMC declaration tables should be observed.
- The treadmill should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, the treadmill should be observed to verify normal operation in the configuration in which it will be used.
- Do not operate this equipment in the presence of flammable anesthetic mixtures.
- Increased risk due to leakage current can result if this equipment is not grounded properly.
- Failure to follow these guidelines can produce a serious or possibly fatal electrical shock hazard. Consult a qualified electrician as required.
- Do not start the treadmill when someone is standing on the belt.
- Keep speed and grade at the lowest settings when getting on and off the treadmill belt.
- Never place chairs or other objects on treadmills.

- Keep the area underneath and around the treadmill clear. Make sure cables are clear of the treadmill.
- Be aware of a moving treadmill belt.
- Allow sufficient room for patients to maneuver around the system and to safely mount and dismount the treadmill.
- Ensure the user understands the proper treadmill mount and dismount procedure.
- Patient should straddle the treadmill belt or stand on the deck's edge at start up.
- The patient should always face the front of the treadmill when stepping on or off the belt. Do not step onto the belt while facing the side of the treadmill.
- At the end of the test, patient should hold the handrail and step off to the side of the treadmill.
- Properly train new staff.

EMC Declaration Tables

Guidance and Manufacturer's Declaration - Electromagnetic Emissions

The Medtrack Rehabilitation Treadmills are intended for use in the electromagnetic environment specified below. The customer or the user of the Medtrack Rehabilitation Treadmills should assure that they are used in such an environment.

Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Medtrack Rehabilitation Treadmills use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class A	
Harmonic emissions IEC 61000-3-2	Class A	The Medtrack Rehabilitation Treadmills are suitable for use in all establishments other than domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

NOTE Tests verified with shielded input/output cables only.

Guidance and Manufacturer's Declaration - Electromagnetic Immunity

The Medtrack Rehabilitation Treadmills are intended for use in the electromagnetic environment specified below. The customer or the user of the Medtrack Rehabilitation Treadmills should assure that they are used in such an environment.

Immunity test	IEC 60601 test level	Compliance Level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	+ 6kV contact + 8 kV air	+ 6kV contact + 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	+2 kV for power supply lines +1 kV for input/ output lines	+2 kV for power supply lines +1 kV for input/ output lines	Mains power quality should be that of a typical commercial or hospital environment
Surge IEC 61000-4-5	+ 1 kV differential mode +2 kV common mode	+ 1 kV differential mode +2 kV common mode	Mains power quality should be that of a typical commercial or hospital environment
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle <40% U_T (>60% dip in U_T) for 5 cycle <70% U_T (>30% dip in U_T) for 25 cycle <5% U_T (>95% dip in U_T) for 5 sec	<5% U_T (>95% dip in U_T) for 0.5 cycle <40% U_T (>60% dip in U_T) for 5 cycle <70% U_T (>30% dip in U_T) for 25 cycle <5% U_T (>95% dip in U_T) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the MedTrack treadmill requires continued operation during power mains interruptions, it is recommended that the MedTrack treadmill be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) Magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment

NOTE 1: UT is the a.c. mains voltage prior to application of the test level.

NOTE 2: Tests verified with shielded input/output cables only.

Guidance and Manufacturer's Declaration - Electromagnetic Immunity

The Medtrack Rehabilitation Treadmills are intended for use in the electromagnetic environment specified below. The customer or the user of the Medtrack Rehabilitation Treadmills should assure that they are used in such an environment.

Immunity test	IEC 60601 test level	Compliance Level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 V	<p>Portable and mobile RF communications equipment should be used no closer to any part of the MedTrack treadmill, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance $d = 1.2\sqrt{P}$ </p>
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	<p> $d = 1.2\sqrt{P} \text{ 80 MHz to 800 MHz}$ $d = 2.3\sqrt{P} \text{ 800 MHz to 2.5 GHz}$ </p> <p>where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey^a, should be less than the compliance level in each frequency range^b. Interference may occur in the vicinity of equipment marked with the following symbol:</p> 

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

NOTE 3: Tests were verified with shielded input/output cables only.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the MedTrack treadmill is used exceeds the applicable RF compliance level above, the MedTrack treadmill should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the MedTrack treadmill.

b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended Separation Distances Between Portable and Mobile RF Communications Equipment and the Medtrack Rehabilitation Treadmills

The Medtrack Rehabilitation Treadmills are intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Medtrack Rehabilitation Treadmills can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Medtrack Rehabilitation Treadmills as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 1.2\sqrt{P}$	80 MHz to 800 MHz $d = 1.2\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

NOTE 3 Tests were verified with shielded input/output cables only.

Specifications

MedTrack CR60 Specifications

Performance

Maximum Rated Load	400 lb (181 kg) Refer to the speed/weight graph on the next page.
Belt Speed Range \pm 0.2 mph (continuously adjustable)	0.6 to 7.2 mph (1.0 to 11.6 km/h) or 1.0 to 12 mph (1.6 to 19.3 km/h)
Rate of speed change \pm 5 sec (acceleration)	0.6 to 7.2 mph in 35 secs. or 1.0 to 12 mph in 35 secs
Grade Range \pm 0.5%	0 to 15%
Rate of grade change	0 to 15% in 60 secs max with 400 lb user

Physical

Weight	400 lb (181 kg)
Dimensions (Width x Length x Height)	31 x 87.25 x 53.5 in. (78.7 x 221.6 x 135.9 cm)
Nominal Walking Surface	20 x 60 in. (51 x 150 cm)
Walking Surface Height	6.5 in. (16.5 cm) from floor
Handrail Height	39.0 in. (99 cm) from the walking belt

Environmental

Temperature	Operating: 50 to 104 °F (10 to 40 °C) Storage: -40 to 158 °F (-40 to 70 °C)
Humidity (non-condensing)	Operating: 15 to 95% relative Storage: 5 to 95% relative

Power Requirements

Listed below are the power requirements for your treadmill

Nominal Voltage Range (min - max) / Hertz*	Current Draw (Amps)	Min. Branch Circuit Amps
100-120 V, 50/60 Hz	20**	20
200-240 V, 50/60 Hz	10**	10

* The nominal voltage range is listed on the serial number name plate, which can be found on the hood under the circuit breaker switch.

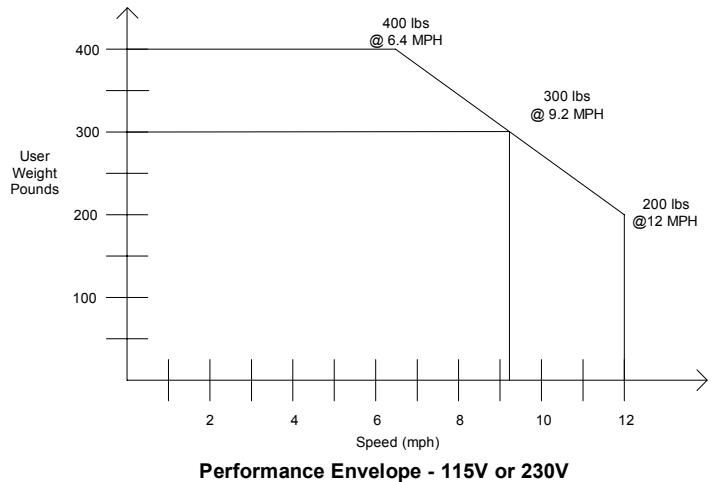
** Full-load current is computed as described in section 430-24 of the National Electrical Code.

Controller

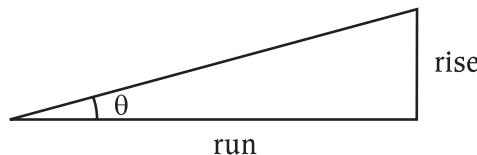
Speed	3-digit display
Units	Miles per hour (mph) or kilometers per hour (km/h)
Range	0 to 7.2 mph (0 to 11.6 km/h) or 0 to 12 mph (0 to 19.3 km/h)
Increment	0.1 mph
Accuracy	Within ± 0.2 mph (0.3 km/h) of actual speed during unchanging operation, 1 mph (1.6 km/h) during speed decrease. Shows target, not actual, speed during speed changes.
Grade	3-digit display
Units	Percent
Range	0 to 15%
Increment	0.5%
Accuracy	Within ± 0.5 % of actual grade during unchanging operation.

Multifunctional Display	
Elapsed Time	Units: min:sec Range: 00.00 to 99.59 Increment: 00:01
Countdown Timer	Units: min:sec Range: 00.00 to 96.00 Increment: 00:01
Maximum time set	96 minutes
Elapsed Distance	Units: miles or kilometers Range: 0 to 99.99 miles or kilometers Increment: 0.001 from 0 to 9.999 miles or Kilometers, 0.01 from 10.00 to 99.99 miles or kilometers
Pace	Units: minutes:second per mile or minutes:second per kilometer Range: 8:20 to 99:59 min:sec/mil or 5:11 to 62.08 min:sec/km Increment: 00:01 Zero speed: when walking belt speed is zero, the pace display indicates “-.-”
Multifunction Display	4-digit display. Displays exercise parameters, weight, and error messages.
Calories	Total calories expended Units: calories Range: 0.001 to 999.9 Increment: 0.001 from 0 to 9.999 0.01 from 10 to 99.99 0.1 from 100 to 999.9
Caloric Rate	Caloric rate expenditure Units: calories/min Range: 0.001 to 999.9 Increment: 0.001 from 0 to 9.999 0.01 from 10 to 99.99 0.1 from 100 to 999.9
METS	Units: METS Range: 1.000 to 31.62 Increment: 0.001 from 0 to 9.999 0.01 from 10 to 31.62
Scan	Cycles through parameters, displaying each sequentially for 3 seconds.
Weight	Default weight: 150 lb or 68 kg Minimum weight: 30 lb or 13 kg Maximum wt: 400 lb or 181 kg Weight increment: 1 lb or 1 kg

Speed vs Weight Range



% Grade vs Angle Relationship



$$\text{Grade} = \frac{\text{rise}}{\text{run}} \quad \tan \theta = \frac{\text{rise}}{\text{run}}$$

$$\text{Grade} = \tan \theta$$
$$\theta = \arctan(\text{Grade})$$

Note: 15% grade \Rightarrow grade = 0.15

Angle/Grade Chart

Grade (%)	Angle (°)	Grade (%)	Angle (°)	Grade (%)	Angle (°)
0.0	0.00	5.0	2.86	10.0	5.71
0.5	0.29	5.5	3.15	10.5	5.99
1.0	0.57	6.0	3.43	11.0	6.28
1.5	0.86	6.5	3.72	11.5	6.56
2.0	1.15	7.0	4.00	12.0	6.84
2.5	1.43	7.5	4.29	12.5	7.13
3.0	1.72	8.0	4.57	13.0	7.41
3.5	2.00	8.5	4.86	13.5	7.69
4.0	2.29	9.0	5.14	14.0	7.97
4.5	2.58	9.5	5.43	14.5	8.25
5.0	2.86	10.0	5.71	15.0	8.53



Receiving and Installation

Receiving

When the carrier delivers your order, verify that the number of items received equals the number listed on the freight bill or express receipt.

Inspect the containers for damage. Itemize discrepancies and damage on the waybill and have the agent sign it. Failure to describe external evidence of loss adequately may result in the carrier refusing to honor your claim. Do not discard the packing materials until you have verified physical condition and proper operation.

Installation Notice

The treadmill and controller must be installed correctly before being used. Quinton recommends that you contact your treadmill dealer or representative when your equipment arrives. The representative will help unpack, install, and demonstrate it, to ensure that:

- equipment is free from shipping damage

- the treadmill is connected correctly to the appropriate AC power source
- installation and operation are in accordance with Quinton standards

Incorrect installation by unauthorized personnel can lead to equipment damage and may void the warranty.

Warning! **The treadmill must be on a dedicated branch circuit. No other device should be connected to that circuit.**

Excessive risk current (leakage) can result if the equipment is not properly grounded.

Failure to follow these guidelines will produce a serious or possibly fatal electrical shock hazard. Consult a qualified electrician as required.

Site Requirements

The treadmill requires a dedicated AC power line (refer to “Power Requirements” on page B-2). To ensure electrical safety, the treadmill is equipped with a three-wire power cord and three-pronged plug. To maintain ground reliability, the plug must be connected to an equivalent receptacle.

Caution! **The treadmill is designed to operate in a typical clinical environment with adequate heat dissipation (1850 Watts maximum).**

Place the treadmill on a flat surface, free of moisture and debris. Maintain a minimum clearance of 1.5 feet (0.5 m) on each side and 6 feet at the rear.

Installation

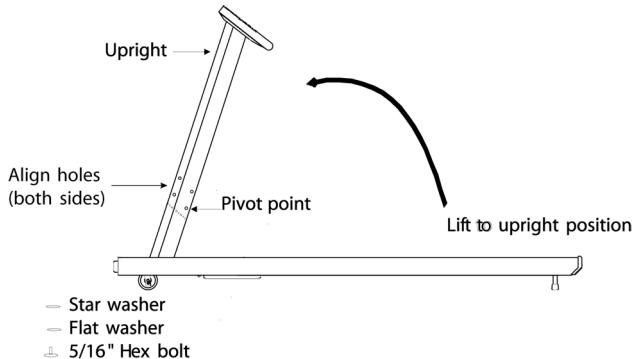
If you choose to install your treadmill without the assistance of a Quinton technician, use the following procedure.

Tools

- hex wrench (supplied in kit)
- Phillips screwdriver (12-inch length preferable)
- small flat-blade screwdriver
- torque wrench if available.

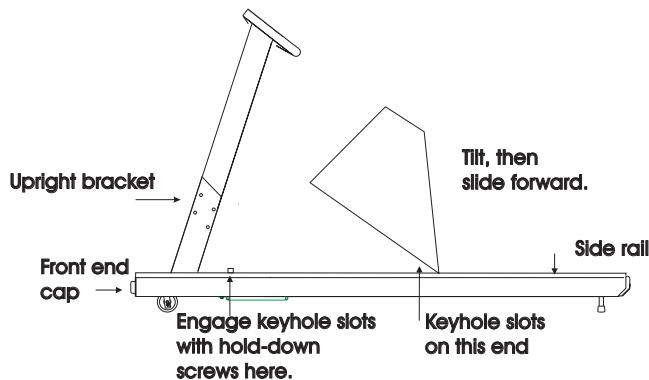
Procedure

1. Grasp the controller uprights and rotate into position, as shown in the following figure.



Controller Uprights

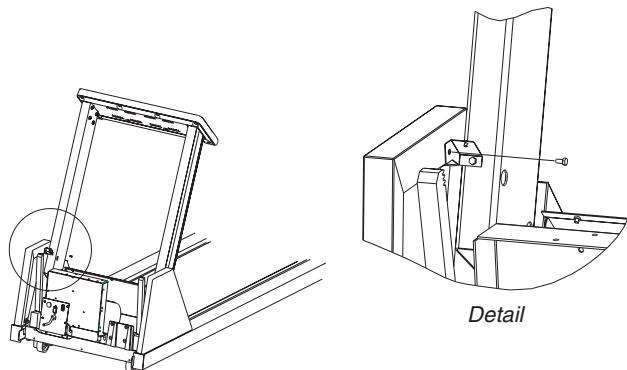
2. Align the holes in the base of the uprights with the holes in the upright brackets (previous figure). Fasten the uprights into place with the hardware supplied with the treadmill: 5/16-18 x 7/8-in. hex bolt, 5/16-in. lock washer, and 5/16 in. flat washer.
3. Tighten each bolt securely with the 1/2-in. torque wrench. Tighten to 200 in/lb (22.6 Nm). **Do not overtighten.**
4. Remove the treadmill hood and hood cover from the two boxes. Position the hood on the treadmill deck and tilt as shown in the following figure.



Placing Hood on Treadmill

5. Slide the hood forward while holding it in the tilted position. (Spread the hood apart slightly to clear the upright.)
6. Lower the hood, aligning the slots in the bottom of the hood with the screws in the side rails (previous figure).
7. With the screws engaged in the slots, slide the hood forward approximately 1/2-inch and tighten it in place.
8. Align the two holes inside the front of the hood with the holes in the side rail. Install a star washer onto the two 1/4-20 x 1-in Phillips-head screws supplied with the treadmill, then use the screw to fasten the hood to the frame.

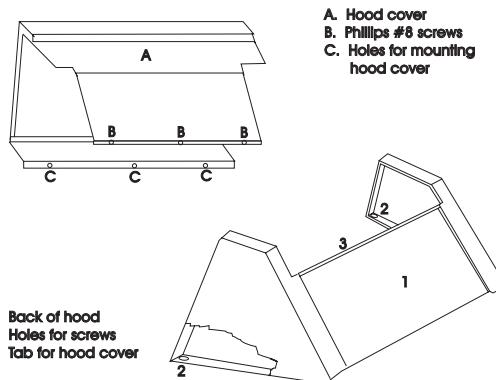
Due to regulatory requirements in some countries, your treadmill may have a grounding bracket attached to each upright. Use the two #10 self tapping screws provided to connect the brackets to the treadmill hood (see next page).



Detail

Grounding brackets, Step 8

9. To install the hood cover, place the cover over the tab on the hood.
10. Lower the hood cover to align the three screw holes at the bottom of the cover. Fasten the cover using the three 1/4-20 x 7/8-in button head screws, flat washers, and star washers supplied. To ensure proper grounding, stack the hardware so that the star washer is against the hood cover.
11. Align the holes in the hood with those in the hood cover. Install three #8 black Phillips screws and tighten securely.
12. Use four #10 screws and external star washers to secure the front of the hood to the configuration plate.
13. Install the two front-end caps (included) on the front ends of the treadmill frame (figure page C-3).
14. Verify that the voltage for the power source matches the voltage on the nameplate attached to the front of the treadmill hood, then plug in the power cord.



Installing the hood

15. Set the speed range for the treadmill using the following steps.
 - a. Enter the service mode by simultaneously pressing **Stop Belt**, **Slower**, and **Faster**.
 - b. Choose the appropriate configuration number from the following:

Speed Range	Configuration Setting
0.6 to 7.2 MPH	CP1
1.0 to 12.0 MPH	CP3

- c. Hold down **Stop Belt** and press the + or - key until the correct configuration number appears in the center display.

Caution! **The configuration must be set to CP1 or CP3. Do not attempt to use any other configuration.**

- d. Press **Select** to store the configuration.
- e. Exit the service mode by simultaneously pressing **Stop Belt**, **Slower**, and **Faster**.

16. Test all operational functions, including speed, grade, timer, and parameters using the following section.

Testing the Treadmill and Controller

WARNING! While performing steps 1 through 7 do not stand on the treadmill.

1. Press the **Power** key on the controller. Within seconds, the Enter Weight LED should light up and the Enter Wt message should flash in the center display.
2. Press the **Start Belt** key. Verify that the treadmill accelerates gradually to minimum speed.
3. Press and hold the **Down** key until the treadmill reaches zero grade.
4. Press the **Up** and **Faster** keys until the treadmill is running at maximum speed and grade.
5. Let the treadmill run for 15 minutes.
6. Watch the walking belt carefully to ensure that it does not drift left or right. Listen for unusual noises, such as squeals or squeaks.
7. Press the **Slower** key until the treadmill belt is moving at a reasonable speed for walking.
8. Walk on the moving belt and verify proper operation at representative speeds and grades. If the walking belt slips, but the front roller turns, adjust the walking belt tension.
9. When the test is finished,
 - a. Press **Down** until the treadmill is at zero grade.
 - b. Press **Stop Belt**.
 - c. Press **Power** to turn off the controller.

If the treadmill does not run smoothly, contact Quinton Technical Support before using it.

Controls, Displays, Indicators

All commands are entered by pressing a key on the controller. The treadmill cannot operate when the controller power is off.

WARNING! As long as the treadmill is plugged into a powered outlet, it is receiving power, even when the controller is off.

Controls

Power

The Power key turns the controller displays on and off. Each time the power comes on, all displays on the controller light up while the controller performs a self test. After one second, the **Enter WT** indicator flashes and the controller displays the default values:

Grade: Current grade in %

Weight: 150 lb. or 68 kg (user selectable)

Speed: 0.0

Units

The **Units** function lets you choose which unit of measurement to use in calculations and displays: English units (miles, mi/hr, min/mile, and lb) or metric units (km, km/hr, min/km, and kg). You can change the unit option at any time by pressing and releasing the **Units** key.

Start Belt

The **Start Belt** key activates the walking belt, the timer, and the distance counter. The belt accelerates gradually to minimum speed and remains at minimum until you press the **Faster** key.

Up/Down

The **Up** and **Down** keys control the grade, or incline, of the treadmill. Each time you press the key, the grade increases or decreases respectively by 0.5 percent: up to 15 percent maximum, zero percent minimum. If you hold the key down, the grade changes by two increments per second until you either release the key or reach the limit.

Faster/Slower

The **Faster** and **Slower** keys control the speed of the walking belt. The speed increases or decreases by two increments per second until you either release the key or reach the limit.

+/-

The plus (+) and minus (-) keys increase or decrease the numeric value of the weight and time entries.

Clear

The **Clear** key erases the elapsed time, distance, and calories readings, displays the default weight, and resets the timer to zero.

Select

The **Select** key serves two functions:

- It is used when entering the user's weight and exercise time.
- It is used to choose which exercise parameter to display in the center display:
 - **Time**: time elapsed since the exercise or count-down timer began.
 - **Distance**: distance elapsed in miles or km.
 - **Pace**: pace of the exerciser (min/mi or min/km).
 - **Calories**: total number of calories burned during the exercise.
 - **Calories/min**: number of calories burned each minute at the current speed and grade settings.
 - **METS**: metabolic units (work expenditure)
 - **Scan**: time, distance, pace, calories, calories/min, and METS displayed sequentially for three seconds each.

Cool Down

The **Cool Down** key automatically slows the treadmill to minimum speed and zero grade so that the exerciser can cool down before stopping. It is not necessary to use Cool Down mode before pressing **Stop Belt**.

Stop Belt

The **Stop Belt** keys stop the walking belt. There are two **Stop Belt** keys on the controller, positioned on each side for the convenience of both left- and right-handed users. The two keys function identically and you can use either one at any time during the exercise.

5-Minute Auto Reset

If you do not use the treadmill within five minutes after entering the weight and exercise time, or within five minutes after pressing **Stop Belt**, the controller automatically resets and prompts the user to enter the weight.

Limited Access Control

The limited-access control restricts access to the treadmill controls. To operate the treadmill when the limited-access control is activated, you must place a magnetic key, supplied with the treadmill, over the magnet logo on the front of the controller.

To activate the control, place the magnetic key over the logo. To deactivate the control:

1. Remove the magnet. Be sure the controller power is off.
2. Press and hold the +, -, and **Power** keys until the 8s on the display go off, then release the keys.

Time Limit Control

The time limit control lets you set a maximum time for treadmill use, ranging from 7 to 96 minutes. When the time limit is activated, the treadmill runs for the time entered by the user, then automatically slows to minimum speed. The speed and grade controls remain inoperative until you press the **Stop Belt** key.

To limit the exercise time, use the following procedure:

1. Simultaneously press and release **Stop Belt**, **Cool Down**, and **Select**.
2. Use the + or - keys to increase or decrease the time to the desired limit. Use **Clear** to set the limit automatically to 30 minutes.
3. Press **Select**.

To deactivate the time limit control:

1. Simultaneously press and release **Stop Belt**, **Cool Down**, and **Select**.
2. Press + to set the time to 96.
3. Press **Select**.

Speed Limit Control

You can set a maximum speed for treadmill use, which is especially useful for unmonitored treadmills.

Use the following procedure to limit the speed:

1. Simultaneously press and release **Stop Belt**, **Cool Down**, and **Select**.
2. Use the **Faster** and **Slower** keys to set the speed to the desired limit.
3. Press **Select**.

To deactivate the speed limit:

1. Simultaneously press and release **Stop Belt**, **Cool Down**, and **Select**.
2. Use the **Faster** key to set the speed to the highest level.
3. Press **Select**.

Units Default Setting

To change the default setting for the Units command:

1. Be sure the **Power** key on the controller is off.
2. Press and hold the **Units** key.
3. While pressing **Units**, press **Power**. Release the **Power** key but continue pressing **Units** until the self test is finished.

Displays

The controller has three displays: grade, speed, and multifunction.

Grade

The Grade display shows the current grade until you press the **Up** or **Down** key, then it displays the target grade as it adjusts to the change.

Speed

The Speed display shows the current belt speed until you press the **Faster** or **Slower** key, then it displays the target speed.

Multifunction Display

The multifunction display (centered between grade and speed) displays error messages, weight, and exercise parameters (time, distance, pace, total calories consumed, calories burned per minute, and METS). You can choose to display particular parameters throughout the exercise or you can use the scan function to scan through all parameters in a continuous cycle.

Indicators

Small rectangular lights called LEDs (light emitting diodes) indicate the functions or parameters currently displayed.

Enter Weight

The controller flashes the Enter Weight LED when the self test is completed. While the LED is flashing, you can enter the user's weight:

- minimum entry 30 lbs (13 kg)
- maximum entry 400 lbs (181 kg)

The system uses the weight to compute the number of calories consumed each minute and the total number of calories burned during exercise. If you do not enter a weight, the system uses the default weight.

Enter Time

The Enter Time LED flashes after you enter the weight and/or press the **Select** key. The Enter Time function lets you preset the duration of the exercise; for example, if you want to exercise for 10 minutes, you would enter 10:00 when the

Enter Time LED is flashing. You can enter any number of minutes from 1:00 to 96:00 in one-minute increments. The clock will count down to zero from that value. When the time runs out, the treadmill will slow to minimum speed. If you do not enter a time, the clock will count up from zero when you press **Start Belt**.

Multifunction

The LEDs adjacent to the multifunction display indicate which parameter is currently selected: Time, Distance, Pace, Calories, Calories/min, METS, or Scan.

Units

The adjacent LEDs for MPH or KM/H light up to indicate which unit of measurement is selected: MPH indicates English, KM/H indicates metric.



Symbol Definitions

Quinton products display one or more of the following symbols and warning labels for your protection. No single product displays all.

	Attention: Consult accompanying documents		Earth ground (protective)
	Off (power disconnected from mains)		Type B equipment - provides adequate protection against electric shock, particularly regarding allowable leakage current; reliability of the protective earth connection (when present)
	On (power connected to mains)		Type BF equipment - contains an F-type isolated patient applied part providing a high degree of protection against electric shock
	Alternating current		Type BF equipment with defibrillation protection
	High voltage		Type CF equipment - contains an F-type isolated patient applied part and provides a degree of protection against electric shock higher than that for type BF equipment regarding allowable leakage currents

	Earth ground (functional)		Type CF equipment with defibrillation protection
	Replace fuse only as marked		Fuse
	Mains power		Equipotentiality
	Down		Up
	Faster		Slower
Warning 	Warning	T	Timed fuse (slo-blo)
Hz	Hertz	V	Volts
A	Amperes	VA	Volt Amperes



Glossary

Controller	Press-button panel that lets the user control the treadmill and view exercise progress.
Deck	Treadmill surface under walking belt.
Grade	Incline, or slope, of the treadmill deck measured in percent grade.
LED	Light Emitting Diode: small light used as an indicator.
Rehabilitation Exercise	Exercise designed to test cardiovascular and pulmonary response in patients recovering from illness. Consists of a patient performing controller exercise while heart and/or lung activity is measured with precision instrumentation.
Roller Guard	Metal plate at the rear of the treadmill deck, designed to prevent people from placing fingers between the walking belt and rear roller.
Track	The path that the treadmill belt follows.
Walking Belt	Walking surface of the treadmill—moves according to the speed set on the controller.

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